

Quit Smoking Nelson County

With guest speakers from:



A free support group to help you quit smoking!

Every Thursday, 5:30-6:30PM

September 5th through November 21st

@ the Nelson County Health Dept.

4038 Thomas Nelson Highway,

Arrington, 22922

Led by Suzanne Malone, RN

- Friendly and supportive group setting -
- Wide range of informative speakers -
- No advance registration needed -
- Anyone can join at any time! -

For more information : www.tjhd.org or (434) 972-6244